

Booknews

June 2001

Newsletter of the Adyar Bookshop

Store hours

Monday - Wednesday & Friday	8.30am to 6pm
Thursday	8.30am to 8pm
Saturday	9am to 5.30pm
Sunday	1pm to 5pm

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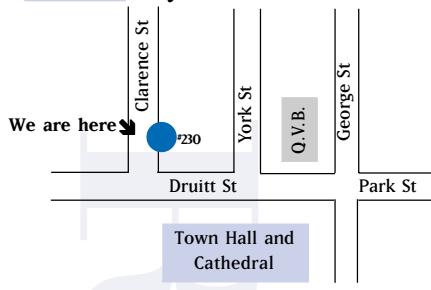
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Save yourself time and unnecessary follow-up calls!

When ordering from the *Booknews*, **please check price and availability before sending cheque or money order payments.**

Where to find us



 Adyar Booknews is printed on recycled paper

What Price Beauty?

Once in a while, a truly unusual and moving book comes along of such beauty that one is left grasping for words to describe it. It may inspire you to keep going - to find meaning in the tortuous spin and whirl of daily existence - regardless of hard times or your perceived right to feel cynical about life. By enabling you to reconnect with some part of your soul that you buried in the heart of a labyrinth, for what at the time was a very good reason, such a book may restore your faith in humanity, in life, and in God. In other words, it may provide a path to rebirth. [Link to item](#)

The above paragraph was to have been for the review of *The Healing Labyrinth* which appears in this Booknews. After reading it back, I realised that it fitted many other books in this issue as well, so here it is instead. **This is a very special edition, where you'll find synonyms for 'beautiful' being used over and over again by our reviewers, as if to remind us that we mustn't lose sight of beauty.** We cannot put an economic value on beauty - it reflects our spiritual nature. So long as we can appreciate beauty, the mirror of our spiritual existence remains highly polished. **This Booknews is about the beauty of all life at work and at play.** It is about art and myth, ciphers and mysteries, mazes and circles, all reflecting an irrepressible optimism despite the global chaos which many fear is increasing. And the books in this issue eloquently remind us - regardless of what we are being led to believe - that as long as we don't lose sight of beauty, we are not a mere economy.

Graham Barr - Editor

Buddha

If you wish to attain the unsurpassed enlightenment
For yourself and the world
The root is generation of an altruistic thought
That is firm and stable like a mountain,
An all-embracing compassion,
And a transcendent wisdom free of duality.



Buddha, poetically expressed by **Superior Nagarjuna**
(from *Stages of Meditation* by H.H. The Dalai Lama)

[Link to item](#)

Publisher details

The Adyar Booknews is published by the Adyar Bookshop, which is a service operated by The Blavatsky Lodge of the Theosophical Society in Australia - a non-profit, wholly Australian organisation.

Healing w. the Angels

Oracle Cards

Doreen Virtue

Deck \$23.95

Healing w. the Fairies

Oracle Cards

Doreen Virtue

Deck \$29.50

Healing With the Angels

Doreen Virtue Pb \$21.00

At the Feet of the Master

Alcyone (Krishnamurti)

Hc \$2.40

Conv. with God Vol I

Neale Donald Walsch

Pb \$21.95

Today's Wisdom

Chopra, Dyer, Hay &

Others Pb \$12.95

The Path of Least

Resistance

Robert Fritz Pb \$27.45

Chakra Clearing

Doreen Virtue Pb \$11.00

The Power of Now

Eckhart Tolle Pb \$24.95

The Mozart Effect

Don Campbell Pb \$24.95

The Four Agreements

Don Miguel Ruiz

Pb \$19.95

The Journey

Brandon Bays Pb \$25.25

Anatomy of the Spirit

Caroline Myss Pb \$21.90

The Body is the Barometer
of the Soul

Annette Noontil Pb \$21.95

Angel Visions

Doreen Virtue Pb \$22.00

Adyar News and Rumours**Ave atque Vale**

Time to welcome new Adyarans. Hi **Jit** - Spring comes to Adyar, all the year round. Hello **Darren** (another one) - watch out for the quiet ones; "still waters run deep". Howdy **Eleanor** - and she thought Aquitaine was complicated! And see you later **Walter** - it's usually pianos that are described as well-tempered, in which case you're a Steinway concert grand with Julie London draped over it. Thank you, all the best and stay in touch!

Baching up the Wrong Tree

Don't be alarmed if you start hearing Adyar staff referring to 'Batch' Flower Remedies. A staff member spent several years in an Adyar-type shop in England, where a frequent remark was "**Edward Bach** was Welsh, not German. It's *Batch*, not Bark!" Whoops, sorry. Was he *really* Welsh? New Zealand beach houses originally must have been Welsh too.

The Bird Parliament

If you have or know of a spare Parliament House lying around somewhere, with a Gallery waiting for an audience, **The Bird Parliament** is a performance on the lookout for exactly you. A rendering of **Attar's** great **The Conference of the Birds** into Australian bird life and contemporary characters, it is a collaboration between performer *Jane Ahlquist* (storyteller/script) and former SSO flautist *Christine Draeger* (original score) with costumes by *Felicity Pinkard*. Set against a collective desire to find again the mythical Great Golden Bird, the various birds recount their separate agonies in an hilarious hybrid style, where birdcalls collide with elevator music and rainbow lorikeets are unemployed teenagers... Having already performed to great acclaim at Sydney's Fringe Festival, Birds are ready to perform in other places. Call Jane on (02) 4441 5711 or 0419 990 935. Email: batharts@hotmail.com.

World's Greatest Fraud Still Unnamed

Connect the following if you can. A mysterious inscription on a German headstone. Coded sentences in Shakespeare's plays. 2000 year old British coins. Secret ciphers in the New Testament. Pictorial cryptograms in Vatican art treasures. Curious statues specially sculptured for a church in southern France. No luck? We can't connect them either! Not yet anyway. A book, as yet untitled, is soon to be released in both paperback (\$32.95 pre-release price) and a limited Deluxe edition (\$54.95) which exposes hidden church records and concealed information in the Bible to reveal the World's Greatest Fraud, so in the meantime we're taking your orders for *The Bible Fraud* until we find out its final title.

Yogic Secrets of Peace & Positive Health

Yoga in Daily Life, publishers of the fabulous book *Yoga in Daily Life* are conducting an interactive workshop on ... *Yoga in Daily Life*. Learn relaxation, meditation, stress release and inner peace, enjoy fun demos of body cleansing techniques, and relish a vegetarian meal. 2-5 pm Saturday 7th July. For more details ring (02) 9518 7788 or visit www.yogaindailylife.org.au Adyar has the book in stock now. (\$45.95)

Raphael Proves He's an Angel

After all the problems with supply of 21st century Ephemerides, we totally empathise with any astrologer who gets a bit hot and bothered and needs to vent some Mars/Saturn spleen. At least Raphael doesn't let us down. His **2002 Ephemeris** is due in anytime, so place your orders now (\$11.95). And the American Ephemeris for the 21st Century (\$43.95) is back in print, so your blue ephemeris blues are over ... for now.

Prices

Prices are correct at the time of printing but due to market forces are subject to change without notice.

**Susan Seddon Boulet Screen Saver****Add Soul to your desktop!**

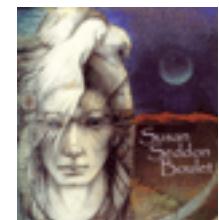
The exquisite spiritual artwork of Susan Seddon Boulet is a favourite of many; her popular paintings transcend the ordinary and speak to us in the language of Spirit. They have been available in a variety of posters, cards etc. for some time. However, there's now a new kid on the block. Say 'Hi!' to *The Susan Seddon Boulet Screensaver*. This screensaver is suitable for both Windows and Macintosh computers. It is easy to install and comes with 27 high-resolution images (including *Isis and Osiris*, *Magician* and *Sea Goddess*) which you can use as a continuously cycling screen saver, desktop wallpaper or both. There is also a variety of options from which to select so that you can customise these vivid images to suit your taste.

[Link to item](#)

System requirements for the screensaver are:

Windows: 486 or higher PC compatible - Windows 95, 98, NT or higher - 256 colour display minimum - 16MB Ram - 8MB hard drive space - CD Rom drive.

Macintosh: PowerPC or 68030 processor or higher - System 7.5.3 or higher - the rest as for Windows above.
CD Rom \$30.95



Pyramids in the Pacific

*The Unwritten History of Australia
and*

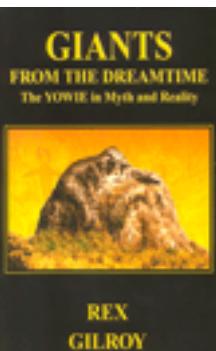
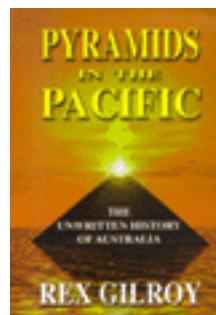
Giants From the Dreamtime

*The Yowie in Myth and Reality
By Rex Gilroy*

Rex Gilroy is passionate about Australia's hidden history. He has already written about some of it in *Mysterious Australia*, has recently published the two present books, and has enough info in his files to provide us with many more to come. His research "dares to question long-established dogmas of our prehistory," and he is completely in agreement with luminaries such as Victor Gollancz and Doris Lessing who openly protest against the arrogance of the many archaeologists who assert that no other civilisations could have existed before, or other than, those we know about, which, after all, were merely our own in various phases of the process of evolving into what it is today. Sorry, but shouldn't the word 'perhaps' be in at least three places in that assertion? Gilroy isn't slow to pour vitriol on this curiously myopic 'scientific' view, making for some lively reading, especially in *Pyramids in the Pacific* where he provides enough evidence of a megalithic culture in Australia's past to require a revision of every Australian history book yet written.

When I lived in the Blue Mountains, the local Gazette would keep us up to date on Yowie sightings. Naturally, we would smirk, partly because of the droll tone of the articles, but also partly from envy. Equally naturally, we wanted to see a Yowie too. In *Giants from the Dreamtime* Gilroy describes the ridicule he has experienced from the media, including having sightings attributed to him that were fabrications purposely designed to humiliate not only Gilroy, but also others who genuinely may have seen something. The recent discovery of a 'panther' in the Blue Mountains, after the inevitable questioning of the sanity of others who had seen it, is food for thought. This won't be the last time scoffers will be silenced. When and if a videocam finally films what is indisputably a Yowie, I hope Rex Gilroy enjoys watching his detractors eat their hats. In the meantime, get the books. Both are loaded with historical detail and excellently illustrated, and fill many gaps in our knowledge of this mysterious continent.

Pyramids in the Pacific Large format Pb 319 pgs \$50.00 [Link to item](#)
Giants from the Dreamtime Ditto 379 pgs \$58.00

**Contributors**

Graham Barr (*Editor*), Gillean Dodge, Nevill Drury

Neil Jones, Anna Lynde, Walter Mason

Darrin Potaka (*Layout & DTP*)

Guest Contributors: **Anna Voigt** is an internationally published poet and author who has been a psychotherapist utilising creative art and meditation for healing and transformation. **Claudette Vaughan** is a Gurdjieff Fourth Way student and past staff-member of Adyar passionately involved in animal rights work.

Stephanie Trimas is a consulting astrologer.

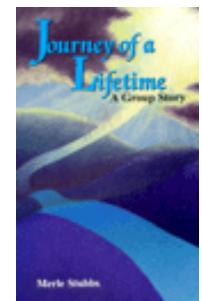
**Journey of a Lifetime:
A Group Story**

[Link to item](#)

By Merle Stubbs

Adyar used to recommend Ina Crawford's *A Guide to the Mysteries* to anyone wanting an introduction to the work of Alice Bailey, but that book is now sadly out of print. *Journey of a Lifetime*, published by Sydney Goodwill Unit of Service, an organisation disseminating the teachings of Alice Bailey and others, makes no pretence to fill the gap - there is no reference to Alice Bailey or the Tibetan in its pages - but it does give insight into how the deeper spiritual layers of the Ageless Wisdom have practical relevance in the context of group work dedicated to world service, which is one of the cornerstones of Alice Bailey's work.

Pb 141 pgs \$19.95

**Double Book Launch!**

In conjunction with Brandl & Schlesinger, Adyar

Bookshop invites you to the launch of:

James Cowan - Mysteries of the Dreaming

Nevill Drury - The Shaman's Quest

Thursday August 23rd - 6.00 to 8.00 pm

It's not often a bookshop gets to launch two books at once! Adyar will have the rare distinction when James Cowan and Nevill Drury get together to launch their books in August. Both authors have much in common. Friends for years, they have each written books that contribute enormously to an understanding of Aboriginal spirituality by non-Aboriginal people, not just in Australia but all over the world. And they are both well-versed in shamanism, native spirituality and mythology.



James Cowan's ***Mysteries of the***

Dreaming is an already established work now released in a revised edition. Nevill Drury's

The Shaman's Quest is a new

work of mythic fiction in the same tradition as Coelho's *The Alchemist*. Both books map and explore the journey of spiritual transformation. We invite you to join us.



R.S.V.P. Monday 20th August.

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Buddha

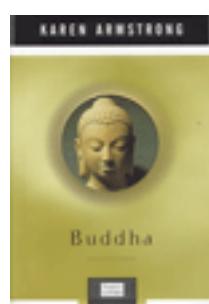
By Karen Armstrong

What superlatives to say? This brilliant scholar and talented author has written surely her best ever book. This concise and eminently readable book is a perfect introduction to Buddhism. All will be delighted by the beauty of the writing and the fascinating new insights into the life of Sakyamuni Buddha.

Karen Armstrong, an ex-Catholic nun calling herself a 'freelance monotheist', is famous for her writings on Islam and her work in comparative religion. As Armstrong is one of the most original and brilliant writers on religion, this reviewer has waited for some time for her to write on Buddhism. The clarity and simplicity of her writing cannot be praised highly enough, and anyone will enjoy this visionary look at the Buddha's life. The fascinating society of India in 400 BCE, with its countless sects and religious leaders, is vibrantly brought to life.

The author's gift for storytelling and making complex historical and philosophical material clear and captivating makes *Buddha* an essential addition to any bookshelf.

Hc 203 pgs \$32.95

[Link to item](#)**Stages of Meditation**

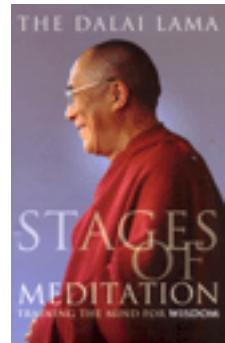
Training the Mind for Wisdom

By H.H. The Dalai Lama

Another gem from indefatigable champion of world peace and inspirational teacher, His Holiness The Dalai Lama.

Stages of Meditation: Training the Mind for Wisdom is a lucid and accessible translation of a key - though little-known - text composed by the great scholar-saint of the 9th century, Acharya Kamalashila.

Kamalashila was the first Indian scholar-saint to compose a significant text in Tibet, mindful of the needs and perspectives of the Tibetan people. The service Kamalashila did for the Tibetans, The Dalai Lama - together with his skilled and inspired team of translators and editors - now does for the West.

[Link to item](#)

With characteristic clarity and concise delivery, His Holiness systematically comments on Kamalashila's text and explains some of the foundational tenets of Buddhist Dharma, with a particular emphasis on 'calm abiding meditation' and 'special insight'. *Stages of Meditation* is oriented to the secular reader and spiritual seeker alike, and elucidates precisely how a spiritual path needs to be developed in the mindstream of the meditator in a proper sequence and not in a fragmentary fashion. This is an elegantly designed volume, abundant with practical, valuable and wise guidance. To emphasise the importance of this treatise, His Holiness says that "this text can be like a key that opens the door to all other major Buddhist scripture."

Reviewed by Anna Voigt

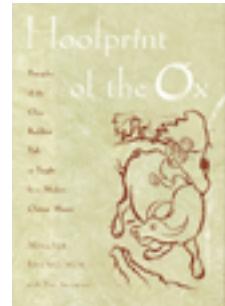
Hc 162 pgs \$29.95

Hoofprint of the Ox[Link to item](#)

Principles of the Chan Buddhist Path as Taught by a Modern Chinese Master

By Master Sheng-yen with Dan Stevenson

Chan Buddhism developed in China in the 6th and 7th centuries from a fruitful mingling of Indian and Taoist practices. It reached Japan in the 12th century, where the Chinese ideograph was sounded 'zen'. Having permeated Japanese culture, stimulated a bold new aesthetic and nurtured such figures as Dogen, Rikyu, Basho, Sengai and Hakuin, Zen was hinted at to Westerners in the early 20th century. Pacific War's end instigated a more open contact that has led to increasingly deep scholarship, practice and - of course - frivolity. The tradition in China, however, has been widely thought - by all except the Chinese - to have atrophied centuries ago.



Tenuous at times, it has survived even beyond the events of the 1940s. Sheng-yen (b. 1930) is one of three or four teachers based in Taiwan who identify with the modernization efforts of Taixu (1890-1947) - the most important and controversial Chinese Buddhist reformer of recent times. He has a considerable following for a socially engaged form of Mahayana Buddhism at home and abroad. *Hoofprint of the Ox* is a book on Chan practice addressed to an English-speaking public with a personal interest in Buddhism. It describes a scheme that has served as a core curriculum in Sheng-yen's Chan centres for over 20 years. Intensely personal - like most books by authentic teachers - and uncompromising (no Zen Tennis or Guitar), this extremely useful material should be valuable to Buddhists of all schools.

Hc 238 pgs \$49.95

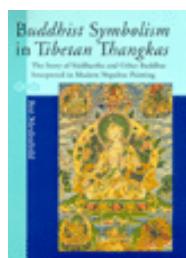
Buddhist Symbolism in Tibetan Thangkas

By Ben Meulenbeld

[Link to item](#)

With the increasing availability of thangkas in the Western marketplace, students, collectors and admirers have more and more to choose from. However, unless they have the benefit of an experienced Lama or art expert on hand to explain in depth what much of the symbolism means, they may never appreciate the full magnificence of thangka paintings. Ben Meulenbeld's book is a blessing, in that he elaborates in detail not only on thangka theory but also on the full implications of the dharma lesson being portrayed. Hence, in addition to your visual enjoyment of these vibrant paintings being increased, your knowledge of Vajrayana Buddhism is expanded at the same time. Not all known thangka paintings can be included in the scope of this book, but the carefully selected range illustrated - in full colour plates - more than does justice to this ancient art tradition.

Large format Pb 101 pgs \$46.95



Plum Village Chanting and Recitation Book**and****The Path of Emancipation****By Thich Nhat Hanh**

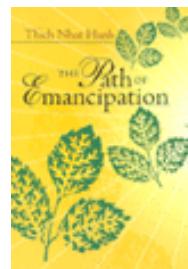
These two delightful new books from Thich Nhat Hanh are both to be treasured, and their extremely practical nature will ensure you turn to them again and again as a source of daily inspiration.

Plum Village Chanting and Recitation Book is an update and substantial enlargement on an earlier edition published exactly 10 years ago, and is a guide to daily practice. It offers chants, songs, and meditation instruction as practiced in Master Nhat Hanh's Plum Village community in France. Beautifully bound and presented, this title is meant for daily use, and will be an invaluable aid to the experienced Buddhist practitioner and novice alike.

The Path of Emancipation is the text of talks given at a 21-day mindfulness retreat. This book can be used to conduct one's own personal retreat. The joy of these teachings is that they can be applied just as easily to one's busy, workaday life, to great effect.

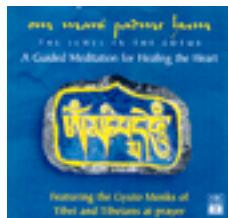
The information is so precious and accessible that anyone picking it up and reading just a few pages will be moved and inspired. Brilliant, practical advice that can be applied to anyone's life.

Plum Village Chanting and Recitation Book Hc 357 pgs \$38.95
The Path of Emancipation Pb 278 pgs \$43.95

[Link to item](#)**Om Mani Padme Hum: The Jewel in the Lotus****A Guided Meditation for Healing the Heart****A CD Featuring the Gyuto Monks**

From as early as they can speak, Tibetan children grow up chanting the mantra Om Mani Padme Hum. This mantra, also known as the Jewel in the Lotus, is for Chenrezig, the White Coloured Buddha in Tibetan Buddhism signifying compassion, who may appear in 2-armed, 4-armed or 1001-armed form. Chenrezig practice is the most beloved and commonly used Buddhist practice in Tibet, contributing hugely to the poise with which Tibetan culture has been able to cope with adversity. Now you can experience Chenrezig practice for yourself with the present beautiful meditation CD, also available on cassette, produced by the same people who brought us the ever-popular *The Practice of Contentment*. Interspersed with the chanting of the Gyuto Monks and other Tibetans are clear instructions in English, drawing us to that place within ourselves where we can experience a similar equanimity, and the compassion necessary to be at peace with the challenges of daily living.

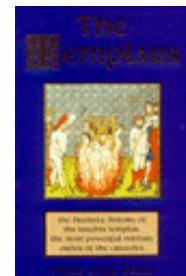
CD \$26.95 Cassette \$17.95

[Link to item](#)**Life Makeovers** By Cheryl Richardson

Rome wasn't built in a day, and nor are you. Rome took many years, but you only need one year to be just as magnificent! With *Life Makeovers* you get to be a New You one week at a time. Now, thanks to life coach extraordinaire Cheryl Richardson, that high-quality life you've been dreaming of is possible to attain. As Helen Keller put it, "One can never consent to creep when one feels an impulse to soar." Pb 329 pgs \$24.95

[Link to item](#)**The Templars**[Link to item](#)**By Piers Paul Read**

The Knights Templar occupy an unique place in the popular imagination. Awesome images of a secret order of fearsome warrior monks in long white tunics embroidered with huge red crosses covering uniforms of chain mail evoke violence perpetrated in the name of Christ, as in the stories of Richard the Lionheart, and, conversely, mysterious ritual



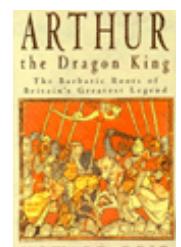
initiations of mystic power and beauty, as in Wagner's *Parsifal*. The truth about the Poor Fellow-Soldiers of Jesus Christ and the Temple of Solomon, who became the Order of the Knights of the Temple, has never been easy to sift from the myths that they have inspired. At last, with *The Templars*, we are presented with the most authoritative history of the Order yet written. Piers Paul Read's book is, in a word, magnificent. He starts at the very beginning, with a history of the Temple of Solomon in ancient Jerusalem, then a Palestinian city, and carefully builds up a picture of what really happened over the centuries. The result is another of the marvellous history books that are proliferating in our time - comprehensive, accurate, absolutely up-to-date in its research, very readable and ultimately far more exciting than many a novel. This book deserves a place on your shelf next to O'Shea's book about the Cathars, *The Perfect Heresy*.

Pb 350 pgs \$24.95

Arthur the Dragon King [Link to item](#)**The Barbaric Roots of Britain's Greatest Legend**
By Howard Reid

So many books have been written that attempt to solve the riddle of where and when the legend of Arthur began. Most begin in Dark Age Britain with its shared Celtic/Roman history, but that history takes no account of any of the features that uniquely colour the Arthurian legend - swords in stones, ladies in lakes, round tables etc. In the end, we are left once again with a myth. Until now. Howard Reid has gone out, far out in fact, on a limb and has returned with what just may be the missing pieces of the puzzle. To give more away would be to spoil your reading pleasure. Suffice it to say, forget about looking in Dark Age Britain!

Pb 244 pgs \$39.95



The Consultation Chart

A Guide to What it is and How to Use it

By Wanda Sellar

[Link to item](#)

If you've ever wondered about the timing of the astrological consultation, this book will be of great interest, whether you're a practising astrologer or a prospective client coming for a consultation.

The author, Wanda Sellar, combines horary and traditional astrology with a psychological approach to come up

with a very useful tool for working with the client in consultation. She shows how a chart done for the time of the consultation can indicate what issue or issues have brought the client to the astrologer.

The book is well set out with some major traditional significators and delineations outlined in the first half, and with House interpretation and some interesting case histories in the second half.

The Consultation Chart is a very useful addition to the library of anyone practising astrology, especially if you haven't studied medieval astrology in depth.

Reviewed by Stephanie Trimas

Pb 226 pgs \$47.95

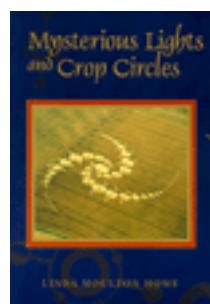


Mysterious Lights and Crop Circles

By Linda Moulton Howe

[Link to item](#)

A quick flick through this book - the best available on the subject to appear in years - proves that crop circles have well and truly gone beyond the stage of being merely circular in design. The front cover illustration of a fractal 'circle' is ample evidence that even the famous Mandelbrot Set formation has been surpassed in complexity.



Now there are ziggurats, snowflakes, serpents and even entire 'sentences' swirled into the fields of the Wiltshire Downs of England, and elsewhere.

Howe's book explores and documents the strange phenomena - the 'mysterious lights' of the title - that sometimes accompany their appearance. The excellent text comprehensively investigates and analyses what the crop circle mystery may mean, and the book is worth having for the hundreds of photographs and diagrams alone. Simply a fabulous book, and not to be missed.

Pb 342 pgs \$48.30

The World to Come

By Ruth Montgomery

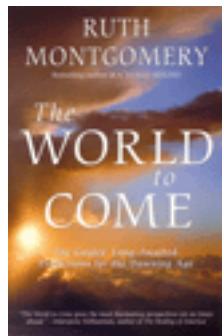
In her final book, psychic Ruth Montgomery sums up a life-time's work. *The World to Come* is a warm and generous offering of knowledge passed on to her by her Guides about the state of the world today and where we are all heading. Ruth looks at past prophecies, assessing which have been accurate and how we have averted dire events foretold in others. We are also given a look ahead at the next century and beyond, with necessary information about how the world's changing weather will affect us.

We learn more about Walk-ins and the many people who have chosen to reincarnate in our time to bring peace and healing.

Ruth Montgomery will always have a special place in the hearts of those who have discovered meaning and solace in the messages of her Guides, and feel a deep concern for the welfare of humanity and our planet.

Pb 156 pgs \$18.60

[Link to item](#)



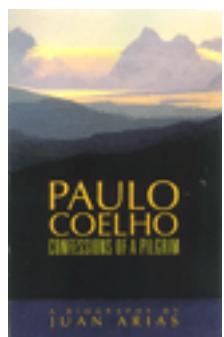
Paulo Coelho: Confessions of a Pilgrim

By Juan Arias

At last we have the opportunity to really get to know Paulo Coelho in his own right, rather than simply as we imagine him through reading his books or visiting his website. With *Paulo Coelho: Confessions of a Pilgrim* we are privileged to an intimate biographical view through conversations between Coelho and Arias, which have been translated from the Spanish by Anne McLean. We learn in detail of his private life, his politics and ethics, his time spent in a mental hospital and in prison, and the other ideas and experiences that have informed his books. This is an incredibly rich book about an equally rich life that answers many questions and confirms that our admiration for Coelho the man is well-founded.

Pb 226 pgs \$26.95

[Link to item](#)



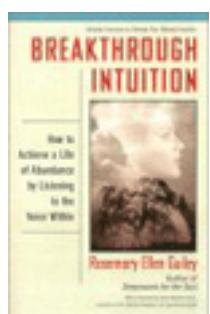
Breakthrough Intuition

How to Achieve a Life of Abundance by Listening to the Voice Within
By Rosemary Ellen Guiley

Breakthrough Intuition is not only about developing trust in the voice within to solve problems or make decisions. It goes far beyond that, opening us to psychic abilities that we may only have dreamed of having. Remote viewing, reading auras, psychometry and seeing into the future are just a few of the many other areas of intuitive work that this book covers. In fact, there are 94 exercises to help you develop your natural intelligence. A more comprehensive book on the subject would be hard to find, so thank you, Adyar customers, for bringing it to our attention by buying it faster than we could supply it!

Pb 282 pgs \$31.35

[Link to item](#)



Types and Archetypes

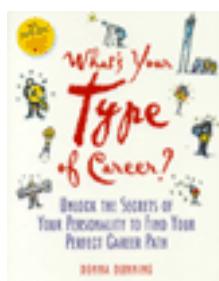
What's Your Type of Career?

By Donna Dunning

Subtitled *Unlock the Secrets of Your Personality to Find Your Perfect Career Path*, this is very different to the usual 'how to make money doing what you love' type of book. *What's Your Type of Career* is about having a fulfilling and satisfying life supported by being who you are. First of all, of course, you need to know who you are. This is achieved by using the remarkable Myers-Briggs Type Indicator, based on Jung's personality types. Then, with author Dunning's easy five-step process, you are able to assess the links between your personality and the career that is right for you. This book is encyclopedic in scope, full of tips, strategies, exercises and checklists to help you stay on track. Designed to be used by anybody looking for a career direction, it will be particularly handy for career guidance counsellors as well as personnel officers in the workplace. Virgos will love it!

Pb 362 pgs \$45.85

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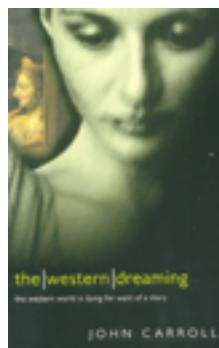
The Western Dreaming

[Link to item](#)

By John Carroll

John Carroll has written a much-needed book for those who recognise that the materialistic worldview is gradually eroding our connection to the stories that sustain our spiritual values - what Carroll calls our Dreaming. As he puts it, "the Western world is dying for want of a story." In *The Western Dreaming* he explores nine living archetypes and their manifestations in Story both in their classic form and also in modern times. His approach to archetypes is markedly different to that of some Jungians. Putting stories through the psychological wringer, leaving them out to dry and then teasing out the complexes leaves them in danger of losing their healing potential and spiritual sustenance. We need Story in all its life-giving wetness, and Carroll has far more in common with Roberto Calasso, author of the miraculous *The Marriage of Cadmus and Harmony*, in that both use Story-in-itself to nourish us. This is a gourmet book to savour with total attention.

Pb 288 pgs \$24.95



The Whimsical Tarot

By Dorothy Morrison

Illustrated by Mary Hanson-Roberts

Don't be fooled by the name. We may often think of 'whimsical' as being synonymous with 'capricious' or 'fanciful' - as being in some way frivolous or superficial. However, *The Whimsical Tarot* is anything but! The inspiration behind this Tarot has come from favourite fairytales and childhood stories, and - as all Jungians know - there is an awful lot of truth to be found in fairytales. Whimsical here means delightfully lighthearted and spontaneously playful - qualities which contribute to a life of depth and joy. This deck, beautifully illustrated by Mary Hanson-Roberts, follows in the tradition of other mythological Tarot decks such as *The Mythic Tarot* and *The Inner Child Cards*. It brilliantly matches the stories, characters and lessons from a wide variety of childhood tales with each Tarot card. For example, the Ugly Duckling is related to the 5 of Pentacles, and The Lovers is represented by the story of Beauty and the Beast. And you'd be hard-pressed to find a more archetypal Magician than Puss in Boots! Because the cards tap into your familiar childhood imagery bringing a sense of fun to the reading process that frees your intuition, *The Whimsical Tarot* is a great approach. Besides, the illustrations are just so gorgeous that you can't help but be inspired.

Deck \$36.50

[Link to item](#)



The Healing Labyrinth

Finding Your Path to Inner Peace

By Helen Raphael Sands

What is it about mazes, circular patterns and swirls that draws us into their centre, losing ourselves and finding ourselves again on the way? Well, perhaps it is precisely that. That in tracking our way to a centre, we regain our Self/Centre in the process. A rebirth. Labyrinths are everywhere in Nature, including the nature of our human psyche. Consciously creating and walking (or dancing, or running) a labyrinth reconnects us to Nature, both inner and outer. Wending a path through a labyrinth becomes a meditation. *The Healing Labyrinth* is the most striking book to have come along about the healing potential of this meditation. In it, we journey through the history of mazes and labyrinths - all magnificently photographed in full colour - celebrating the inspiration they have given to humanity from ancient times to the present, and paying special attention to the incredible labyrinth at Chartres cathedral in France. In the process, we learn to make our own labyrinth, as well as the underlying theory of the Labyrinth Walk.

Here is a book to truly take you out of your little-s self and return you to your Self.

Hc III pgs \$41.00

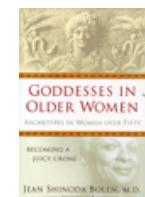
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Jean Shinoda Bolen's Green and Juicy Goddesses

[Link to item](#)

Goddess Jean deserves a special banquet in her honour when she finally meets the Pantheon face to face. Thanks to her, we know we're not suffering from hubris if we find ourselves identifying with the Goddesses and Gods. We're simply reflecting their divinity! Her new book, **Goddesses in Older Women: Archetypes in Women Over Fifty** (Hc \$60.50) is about becoming a juicy Crone.



GURDJIEFF

Few spiritual figures have inspired as much controversy as George Ivanovich Gurdjieff (1866-1949), the Greek-Armenian mystic who has been called the Father of the New Age.

In *Voices in the Dark*, William Patrick Patterson, who has written extensively about Gurdjieff and his students, presents a striking picture of Nazi-occupied Paris, juxtaposing an informed and sensitive portrayal of those caught in the oppressed and fearful city with never-before published transcripts of 31 meetings which Gurdjieff held with his followers at his city apartment.

[Link to item](#)

Voices that helped mould the time speak out, and what voices they were - Camus, Malraux, Sartre, De Beauvoir, Gide, Daumal, De Gaulle, Churchill, Hitler, Stalin, and many more. Time has denied us the experience of attending a meeting at 6 Rue des Colonels-Renard, but through this book we can get a clear glimpse of Gurdjieff's way of teaching, his empathy and his sense of humour.

Patterson's credentials to write on Gurdjieff come from being a long-time student of John Pentland, the man Gurdjieff chose to lead the Work in America. Patterson is a clever and absorbing writer, structuring his book to a Gurdjieffian ideal. Instead of separating the historical commentary from the meetings, he highlights the gulf that exists between inner and outer conditions by showing those of the Work and those of life, the esoteric and the exoteric, "as above, so below" as all operating concurrently in the here and now of that time and our present.

"I am not interested in who wins wars. Not have patriotism or big ideals about peace [sic]. Americans with ideals kill millions of Germans, Germans kill - with own ideals - English, French, Russian, Belgian ... all have ideals, all have peaceful purposes, all kill."

This quotation may horrify some, but let us remember that Gurdjieff arranged to have Jews hidden, and fed the destitute during the external madness of the war years. The powerful influence of the pseudo-occult in the ideology at the foundation of Hitler's vision is in marked contrast to the internal world ruled by reason revealed in the transcripts, as the followers of Gurdjieff struggle to shake off the turbulent self of everyday suffering and uncover a true-self identity. (The Koran says "I was a hidden treasure who wanted to be known").

This is a fascinating read, succeeding on several levels. In all his previous works (*Eating the I*, *Struggle of the Magicians*, *Taking with the Left Hand* and *Ladies of the Rope*) Patterson has effectively and persuasively presented recently uncovered material intended only for The Institute for the Harmonious Development of Man, Gurdjieff's school. *Voices in the Dark* is no exception. It is therefore an honour to be able to survey this previously unpublished work that has arisen from Madame de Salzman's little-known classes of the war-ridden 1940s.

When he passed away in 1949, Gurdjieff left behind *Beelzebub's Tales to his Grandson*, his *magnum opus*. Even hard-core Gurdjieffians have sometimes been hard-pressed to wade through this enigmatic, highly convoluted work. Gurdjieff was not fond of "bon-ton literary language" and he often remarked that his book was a 'Legominism' for generations yet to come. Still, for one prepared to make the required



DARK VOICES AND A LEGOMINISM

effort, concentration is rewarded by insight into an extraordinary, penetrating mind.

Enter Joy Lonsdale. This Australian author has studied Hermeticism, alchemy and the Gurdjieff Work for many years. Her *Gurdjieff and the Arch Preposterous: An Hermetic Descent into the Mind* is a brave and long overdue work which sets out to 'uncode' areas in *Beelzebub* that have remained hidden up until now. She is convinced that in every era small bands of initiates perpetuate Hermetic philosophy and that there is a message imbedded in the *Tales* "for those with eyes to see, and ears to hear..." .

The historical foundation of cryptography has its roots in the remote past. Teachings of the Illuminati of the Egyptian dynasties and the philosophers of the Greek Temples, and messages encoded into texts of the Middle Ages are all ciphers which can be understood on different levels; the literal, the collectively symbolic and the individually symbolic. Lonsdale has been highly influenced by the unique writings in *Hermes Unveiled*. Using the Hermetic Code as her cornerstone she has produced an original interpretation of

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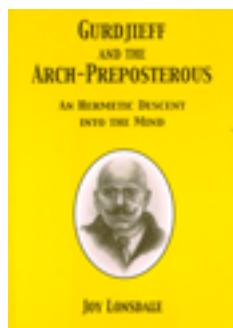
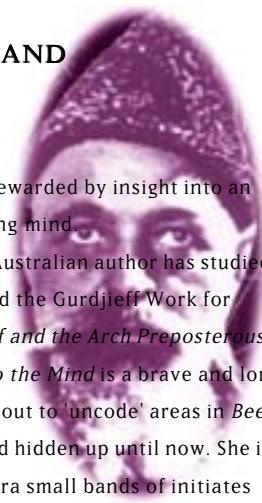
Gurdjieff's *Tales*. Each chapter successfully describes the Hermetic process in each of its stages. Included is a chapter on the 'Arch Preposterous' containing an underlying description of the whole of such a process where, if read at its inner level, certain words and phases can be recognized as pertaining to the Hermetic Code.

An aside: The late Dr. Philip Groves gave this book the thumbs up. He influenced and helped many people who were lucky enough to be invited to the weekly esoteric lectures he gave at his home. Later, when his group became too big to practice the Sufi dancing techniques and Gurdjieff exercises that he taught there, he hired a small school-room in order to continue - always probing, always sound. Some of Joy Lonsdale's book reminds me of those meetings, and for that I thank her, as will others of Dr. Groves' students. Her book is a fitting tribute.

Claudette Vaughan

Voices in the Dark: Esoteric, Occult and Secular Voices in Nazi-Occupied Paris 1940-44
Pb 342 pgs \$44.95

Gurdjieff and the Arch Preposterous: An Hermetic Descent Into the Mind
Pb 280 pgs \$39.90



Carl Jung: Wounded Healer of the Soul**By Claire Dunne**

Carl Jung continues to have a profound influence on contemporary spiritual perspectives forty years after his death in 1961. His concept of the collective unconscious remains among his most potent and transformative ideas.

Claire Dunne's fascinating new book on Jung is filled with a rich array of symbolic illustrations, images and photographs evoking the mythic world which provided both meaning and substance in Jung's personal universe. In the same way that *Memories, Dreams, Reflections* allowed us to access the archetypal world which drew him away from more orthodox Freudian perspectives, here we are treated to a superb collection of letters, diary entries and reminiscences as well as colour reproductions of mandalas and dream images produced by Jung himself. Included are a rich assortment of symbolic paintings and diagrams – works by the medieval alchemists, and reproductions from artists like Kupka, Picasso, Redon and Clemente, Aboriginal painter Rachel Napaljarri Jurra, and surrealist photographer Jerry Uelsmann.

As the author herself makes clear, this is not an outward chronicle of Jung's life but an inward journey of self-discovery. It is essentially a mythic overview of Jung's work which depicts him more as a visionary than a psychoanalyst, more as a Gnostic adventurer than a scientist. There are wonderful reminiscences, too, from those who knew him well, including Barbara Hannah, Elizabeth Sergeant and Aniela Jaffe. In compiling this book, Claire Dunne allows her superb visual and literary sources to take centre stage and her role is primarily to weave all these rich fragments into a wondrous whole. By the end we see clearly that Jung was a spiritual healer whose diagnostic skills as a psychoanalyst arose from his own exploration of the visionary world of spirit, myth and symbol.

Large format Hc 237 pgs \$79.95

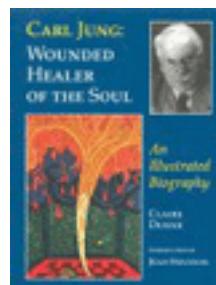
SQ: Spiritual Intelligence**By Danah Zohar & Ian Marshall**

American-born physicist Danah Zohar is best known for her wonderful book *The Quantum Self* in which she drew on the principles of quantum mechanics to describe the relationship of the individual identity to the universe as a whole. Now she and her husband Ian Marshall have taken the earlier perspectives to a new level, developing a concept they call 'SQ', or spiritual intelligence.

Zohar and Marshall are concerned with ultimate meaning - with what some have called the Mind of God - and this book is nothing less than a practical guide to obtaining it. If it is true that we live in a world characterised by selfishness, materialism, lack of morality and a diminished sense of community, this book is all about regaining a sense of true meaning and value and placing our lives in a broader spiritual context. For Zohar and Marshall, IQ is of no value without SQ. If we lose sight of the fact that the ultimate intelligence which pervades the universe is the Mind of God, we have well and truly lost the plot. *SQ: Spiritual Intelligence* is about accessing the potentials of spiritual intelligence through the deepest and most profound levels of human awareness. It explores different personality types as well as specific 'life paths' which lead finally to the sacred source of all being. It is also all about that treasured ideal of 'living life with greater heart'.

Thoroughly recommended.

Pb 324 pgs \$22.95

[Link to item](#)**Colour Box**

Use the Healing Power of Colour to Transform Your Life

By Lori Reid[Link to item](#)

The Colour Box is one of the most special gifts you could give to yourself or to anyone who loves sheer beauty. Here is a complete kit including an excellent 144 page book on colour therapy - in full colour throughout - which alone is worth the investment. But Lori Reid goes three times better! Next we find 12 Colour Insight cards which, when chosen in a group of 4, are a personality test giving insight into your unconscious. What'll really blow you away is the remaining part of the kit. Next comes a stunning poster of Aura-Soma Equilibrium bottles so that, with the help of the book, you can do your own Aura-Soma readings. And - the icing on the cake - 7 Aura-Soma scented healing pomanders! Need I say more?

Kit \$59.95

**Kindred Spirits**[Link to item](#)**By Allen M. Schoen**

Treating animals just as any healer would treat human beings, Schoen draws on his extensive experience in veterinary practice and the latest research in animal neurophysiology to show how human beings and animals can mutually benefit from heightened awareness and respect. Through moving scenes of animals assisting the recovery of stricken human beings, to examples of animal-assisted therapy in critical care units around the US, *Kindred Spirits* creates a new synthesis of veterinary and alternative medicine that will touch and enlighten anyone seeking deeper levels of awareness and uplifting stories of love and kindness.



(Publicist's blurb - review copy unavailable)

Pb \$29.95

Homeopathy Not Just for the New Man

Attention all who have waited in vain for copies of **George Vithoulkas's** long out-of-print classic text. Expanded and given a slight name change, it is now available at \$41.75, still in paperback, as **Homeopathy: Medicine for the New Millennium**. Hey, now it's for everyone!

WellBeing Continued

[Link to item](#)

Yoga: Flexibility, Strength & Balance: Mastering the Basics

Yoga: Deepen and Strengthen: Mastering the Basics

[Link to item](#)

2 Videos by The Himalayan Institute

If you want to practice yoga but are unable to attend a class, what is the perfect solution to this dilemma? Simple. Do yoga at home in your own time with the help of some of the many yoga videos we carry at Adyar.

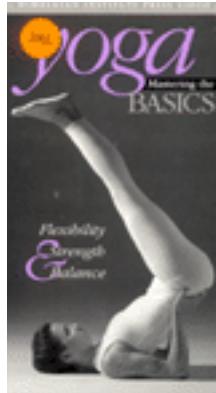
Recently we added two impressive new videos to our range.

Produced by the Himalayan Institute of Yoga Science and Philosophy, the *Mastering the Basics* series is perfect for helping you establish a yoga practice at home. The first one, *Flexibility, Strength & Balance* is ideal for the beginner, or someone who has done some yoga but has let it languish. It concentrates on toning the whole body and prepares you for more demanding asanas. A comprehensive 40 minutes lesson in itself, I felt relaxed, flexed and calm after completing it.

Deepen and Strengthen requires more stamina and helps build inner body strength and cultivate deeper awareness. It also contains the famous Sun Salutation routine, a favourite of yoga adherents worldwide. This second video is excellent for those already practising yoga, and is a wonderful treat to look forward to once you have limbered up with the help of the first video.

Both videos start and finish with centering and relaxation routines. The voice guiding you through is gentle, smooth and easy to follow. Camera angles are well planned to allow maximum demonstration of each asana. All in all, a very comfortable way to participate in the rejuvenating practice of yoga.

Each Video 40' \$34.95



The Nature of Music: 2 CDs

Compiled by Maureen McCarthy Draper

It is no news that music has the power to soothe disturbed emotions, ease the mind, heal the body and empower the spirit, as well as intensify the very experience of being alive. Ask Mozart and Don Campbell!

Maureen McCarthy Draper, in her special book *The Nature of Music*, has developed her own approach to the how and why of listening to Classical music as a healing and life-affirming experience. Draper, by focusing on the effects of specific pieces in relation to one another, has now compiled two CDs, available separately, of particularly beautiful works that will enhance and **balance** your sense of inner and outer harmony. They will appeal to anyone, regardless of your experience or expertise with the Classics.



Vol. 1: Morning Music - From Dawn to Day. Wake up gently to music carrying you from the slower rhythms of sleep and rest into the busier pace of being up and about. Let great composers from Hildegard to Stravinsky make sure your day gets off on the right note.

Vol. 2: Evening Music - After Hours Time to take off your shoes, let go of your concerns about the past day and, with heavenly music from Vivaldi to Faure, Debussy and Ravel, simply allow your heart to rejoice in the calm and peace that evening brings.

These CDs are endorsed by Don Campbell, and come with extensive liner notes.

Vol 1 54' Vol 2 50' \$30.95 each

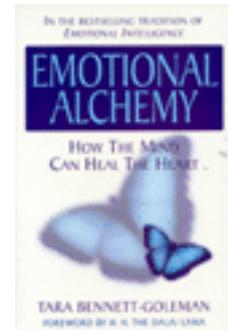
Emotional Alchemy

How the Mind Can Heal the Heart

By Tara Bennett-Goleman

[Link to item](#)

Do you remember having a time of emotional turmoil that was so bad that you thought the feelings would never go away? Eventually they did, but from time to time some event pushes the memory button and there they are again, perhaps lessened or in a different guise. Methods are available for transforming these emotions so that we may healthily disengage ourselves from them without repressing them.



Emotional Alchemy can help.

Tara Bennett-Goleman combines Buddhist Mindfulness meditation with Western psychological savvy to show us how we can transform the emotional patterns which undermine our happiness. In this superbly practical book are many stories of people with problems, or 'schemas', with which we can identify, interspersed with beautiful tales (especially the ones on tea and Zen) which awaken the heart and mindfully bring us back to the present where our problems can be solved. Any book that reminds us that we are, after all, emotional as well as spiritual beings, and gives us the tools to alchemically transmute emotional confusion into spiritual clarity, deserves a wide readership. And there's no need to be a Buddhist to reap the full benefits.

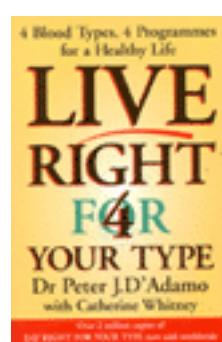
Pb 341 pgs \$29.95

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Live Right 4 Your Type

By Dr. Peter J. D'Adamo with Catherine Whitney

The scientific findings based on research into the results of people following the guidelines of *Eat Right 4 Your Type*, plus thousands of testimonials, show that the connection between blood type and lifestyle can definitely be confirmed. *Live Right 4 Your Type* gives personalised prescriptions according to your blood type to improve health not only physically, but also in the areas of lifestyle management, coping with stress and maintaining emotional balance, overcoming disease and fighting the effects of aging. This is an essential book if you are already following the Eat Right Diet.



Pb 383 pgs \$28.00

Meditation as Medicine

Activate the Power of Your Natural Healing Force
By Dharma Singh Khalsa M.D. & Cameron Stauth

May the long time sun shine upon you, all love surround you, and the pure light within you guide your way on.

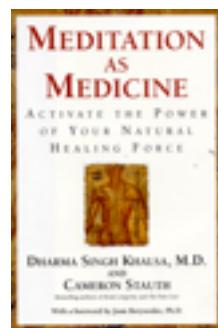
This traditional blessing is one of the many healing mantras recommended in this wonderful book by the authors of *Brain Longevity*, in which we discover Medical Meditation, a powerful and revolutionary modality for the prevention and treatment of disease. This is a new concept in healing which uses age-old techniques. Whether on its own, or as an adjunct to conventional and alternative treatments, Medical Meditation can be used to rid yourself of medical and psychological illnesses.

Medical Meditation differs from standard meditation in that five precise meditation techniques - breath, posture and movement, mantras, and mental focus, all combined into a daily sadhana practice - are used to create very specific **physiological** effects by balancing the chakras and regenerating the body's physical and etheric energies. These meditations are effective in targeting afflictions as wide-ranging as arthritis, cancer, neurological diseases such as Alzheimer's, and drug addiction. In one case, a woman knocked down by a train travelling at full speed used Medical Meditation to avert death and start the healing of her smashed-up body. The remarkable results of these techniques have been backed by scientific research.

This is a book that will benefit anyone wishing to live a healthier, pain-free, more balanced life.

Hc 298 pgs \$39.95

[Link to item](#)



Remaindered Specials

Come in and see the full range of superb remaindered books from Shambhala Publications amongst other sources, including the three illustrated below, selling at below paperback price. Or ask for a list. They won't last long, so first in, first served while they last!

The Red Thread of Passion
By David Guy

Hc. Usually \$41.65.

Special price \$25.00

The Knowing Heart
By Kabir Helminski

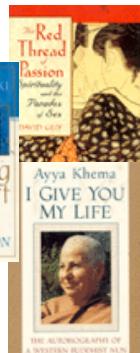
Hc. Usually \$58.15

Special price \$28.00

I Give You My Life
By Ayya Khema

Hc. Usually \$49.40

Special price \$25.00



Other hot beauties are *The Recorded Sayings of Zen Master Joshu* (\$53.90, now \$18), *The Cosmic Embrace* by John Stevens (\$38.35, now \$16), *Enlightenment Unfolds* by Dogen (\$54.85, now \$26) and *One Taste* by Ken Wilber (\$49.95, now \$18), amongst many others ...

Malignant Sadness: The Anatomy of Depression

By Lewis Wolpert

[Link to item](#)

Literature on depression can roughly be divided into two types; books on how to manage it, often with claims of being able to cure it - Adyar has many of these - and books that give insight into the devastation of the experience itself. Robert Burton's *The Anatomy of Melancholy* is one of the latter, the title of which is echoed in Wolpert's book. Others are Styron's *Darkness Visible* and Redfield's *An Unquiet Mind*. Depression in its chronic manifestation is so severe that sufferers have enormous difficulty being able to give it verbal expression, so it is important that these books exist to reassure them that others have insight into their anxiety, fear and suicidal feelings, as well as the irrational stigma attached to depression, and the difficulty getting reliable information about it. With Wolpert's book, the reliable information is now available, and in an easy-to-read format.

Malignant Sadness excellently combines the virtues of both types of books, and deserves to be read by not only depressives, but also by anyone who knows someone suffering from this debilitating illness. Wolpert himself experienced chronic depression, and this book is the result of a personal quest to try and understand the condition. As a Professor of Biology as Applied to Medicine, he undertook a major investigation of the causes and treatments. Originally published in 1999, *Malignant Sadness* now comes in paperback with a new introduction in which Wolpert describes a recent second bout of depression.

Pb 196 pgs \$19.95

